

## Issue 18 September 14, 2007

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### Items of Interest:

#### **Sickle Cell Awareness Month.**

September is Sickle Cell Awareness Month. More than 70,000 people in the U.S. have sickle cell disease and more than 2 million people carry the gene that allows them to pass it on to their children. Sickle cell disease is a group of inherited red blood cell disorders. Healthy red blood cells are round, and they move through small blood vessels to carry oxygen to all parts of the body. In sickle cell disease, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". The sickle cells die early, which causes a constant shortage of red blood cells. Also, when they travel through small blood vessels, they get stuck and clog the blood flow. This can cause pain and other serious problems. For more information on sickle cell, visit [http://www.cdc.gov/ncbddd/sicklecell/faq\\_sicklecell.htm](http://www.cdc.gov/ncbddd/sicklecell/faq_sicklecell.htm).

# Navy and Marine Corps Medical News

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## Comfort Radiology Preventing Spread of Deadly, Airborne Disease

By Mass Communication Specialist  
3rd Class Kelly E. Barnes, USNS  
Comfort Public Affairs

**PORT-AU-PRINCE, Haiti** - Radiologic technologists attached to hospital ship USNS Comfort (T-AH 20) have worked diligently since arriving in Port-au-Prince, Sept. 1, as part of Comfort's humanitarian mission to the country.

Due to greater presence of tuberculosis (TB), Comfort's radiology department is greatly reducing the crew's risk of exposure to the disease by conducting chest X-rays on everyone who embarks the ship.

TB is a contagious disease that affects the lungs and is spread through the air. Comfort's previous

screening process screened only the patients who embarked the ship. In Haiti and the previously visited country of Colombia, the radiology department had to develop a more efficient screening policy.

"We're getting patients and their escorts – now we screen everyone," said Cmdr. Kevin McCarthy, a radiologist attached to Comfort. "The policy was changed because Colombia and Haiti were known to be our biggest TB stops."

The radiology department sends members of its staff ashore every day in each port. On average, they screen about 100 people at the

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**PORT-AU-PRINCE, Haiti** - Lt. Paul Graf, a microbiology officer aboard Military Sealift Command hospital ship USNS Comfort (T-AH 20), examines wound cultures in the ship's microbiology laboratory Sept. 5. U.S. Navy photo by Mass Communication Specialist 2nd Class Steven King

## Military Order of the Purple Heart Pays Tribute to Military Nurses

By Christine A. Mahoney, U.S. Navy  
Bureau of Medicine and Surgery  
Public Affairs Office

**ARLINGTON, Va.** – A ceremony honoring nurses who served with our nation's armed services was held at the Arlington National Cemetery on Friday, Sept. 7.

The Military Order of the Purple Heart (MOPH) hosted the event in Section 21, the Nurses Section, of Arlington National Cemetery. The commemoration was open to the public. Among the many attendees were several members of MOPH and Navy Nurse Corps Officers participating in the Nurse Intern Program from the National Naval Medical Center Bethesda.

"On this site, 653 nurses are buried here at our nation's most sacred shrine. These men and women served in the Army, Navy, Air Force, and many were civilian contract nurses. Each one of them left their hometown to dedicate their lives in the care of our injured servicemen and women," said Capt. Kathleen Pierce, Deputy Director Navy Nurse Corps.

Henry Cook, National Commander of MOPH, shared his belief that nurses provide not just physical care, but provide spiritual strength to those they care for.

"It is always tough to think of what to say when I come to this place. You are not just nurses, you are angels," said Henry Cook, National Commander of MOPH. "At the time, many years ago, on my first medical evacuation flight, as I was loaded on as a patient, they told me that it was a nurse who was taking care of me, but it did not believe that. It was a gift from heaven that was sent to take care of me."

A red, white, and blue flowered wreath was placed in front of granite statue of a nurse as a sign of thankfulness and gratitude for the nurses who have given their lives to provide medical care to the injured.

"It has been an honor to be here and on behalf of the Navy Nurse Corps, I want to thank the Military Order of the Purple Heart of

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**ARLINGTON NATIONAL CEMETERY, Va.** – (Left to right) Henry Cook, National Commander Military Order of the Purple Heart; Capt. Kathleen Pierce, Deputy Director Navy Nurse Corps; Major General Deborah C. Wheeling, Deputy Surgeon General for the Army National Guard; and Brigadier General Jannette Young, Air National Guard Assistant to the Air Force Assistant Surgeon General, Medical Force Development and Nursing Services; salute as "Taps" is played in honor of the fallen nurses who served with the armed services. U.S. Navy photo by Christine A. Mahoney

## Naval Station Everett Medical Clinic Held Code Blue Exercise

By Information Systems Technician  
3rd Class Sabrina Wade-Brent, Fleet  
Public Affairs Center Det. Northwest

**EVERETT, Wash.** - Naval Station Everett Family Practice Medical Branch Clinic held a Code Blue Exercise designed to test clinic personnel response to an emergency situation, Aug. 30.

The exercise started with a random Sailor in the records department complaining of chest pains after returning to his work station from an afternoon workout. The clinic personnel were then observed as they responded to the situation.

After calling for help, three Sailors carried him to another part of the hospital, where he could be handed over to an emergency response team for further evaluations and treatment.

Hospital Corpsman 1st Class Steven Conver, clinic leading petty officer, said Code Blue training is a quarterly "all hands" evolution.

"I am proud of my guys overall, because it is always a good training exercise," said Conver. "Everybody can work on technique, because there is always room for improvement. That's why we do these drills."

Hospital Corpsman 3rd Class Jeff Patterson said he learned taking initiative is everything when it comes to emergency medicine.

"You can't have people just standing around," said Patterson. "Take action, you never know. It could save someone's life."

"I was a little nervous when we started, but I feel that having these exercises are very helpful," said

Hospital Corpsman 3rd Class Amber Barringer. "The training is really beneficial to getting to know your counterparts a lot better, knowing who takes charge and where your supplies are."

Hospital Corpsman 3rd Class John Martin Jr., said it was important to have these exercises because the experience gained through performing them could help the participants in the future.

"Training is very, very important in the hospital setting," said Martin. "You can apply this training in a combat situation if the time calls. The reason we did so well was because of team involvement, division of task and communication. These are the things which save lives in emergency situations."

## Sailors Get Hyper-Realistic Med Training During Seahawk 07

By Mass Communications Specialist Seaman Michelle E. Rhonehouse, Fleet Public Affairs Center, Pacific

**CORONADO, Calif.** - Sailors from around the country took part in medical special effects and simulations, also known as hyper-realistic training during Exercise Seahawk 2007, Aug. 13-24.

This medical simulation capability is unique in the training world and goes well beyond typical techniques. Strategic Operations calls it "wound creation science."

Wound make-up artists create scores of realistic wounds and simulations using state-of-the-art next generation special effects giving military medical personnel trauma care training under realistic combat field scenarios.

The training area is set in the center of a movie lot which comes complete with a three-dimensional interactive environment, including fully furnished field medical facilities, that resembles an Iraqi city filled with Iraqi role players and mock armed insurgents.

"My goal is to make the role-players look as authentic as possible," said Jeff Barkley, wound make-up effects artist. "If these Sailors are put into real situations that require medical attention to this degree, realistic training such as this will improve the chance that they will feel better prepared."

In a typical scenario, war fighters train with simulated AK-47 fire, rocket propelled grenades and improvised explosive devices. Very basic trauma care is rendered under fire in realistic combat conditions. The goal is to train everyone to become a first responder.

"If something happens to the corpsman in a squadron, the rest of the team needs to know what to do," said Hospital Corpsman 2nd Class Jeromy Ortega from Naval School Health Sciences, Bethesda, Md. "This hyper-realistic training prepares them for any situation

that would require immediate medical attention until a doctor or corpsman could help."

Hyper-realistic life-support challenges include pneumothorax management, uncontrolled bleeding, burns, blast injuries and penetrating eye injuries, as well as lacerations and embedded foreign objects. The wounds with active bleeding only stop when a tourniquet is applied properly, if compression is difficult, the bleeding and the training continue.

The active-duty and reserve Sailors got the chance to put their training into practice when a mock medical scenario took place during lunch time at the galley in "Tent City" located at Imperial Beach.

"My adrenaline was pumping the entire time as I tried to stop a victim with an abdominal wound from bleeding to death," said Master-at-Arms 3rd Class Jacob Knighten, a first responder who is attached to Mobile Security Squadron Three Detachment 33. "All the while there are guns being fired, explosions going off and smoke surrounding us making it hard to breath and see. It was as close to realistic as you can get. It prepares you for anything."

Working with strategic operations subject matter experts, trained role players interactive medical personnel adds to the stress of combat trauma care with expressions of pain, fear, hysteria, confusion and misinformation that lasts throughout the entire scenario.

"We act out our wounds as though they were real-life threats," said James Arney, a role-player. "I usually research before hand what the injury entails and then execute it as accurately as possible. Sometimes we can get pretty bruised up, but it's good to know that when it really counts, these Sailors will be prepared."

## Comfort continued...

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treatment sites with portable chest radiographs.

"We try to get to the people on shore to limit the exposure to any crew," said U.S. Air Force Tech. Sgt. Jason Conley, a radiologic technologist on Comfort. "If we don't, they could expose everybody at our boat landing zones, helicopter landing zones and then in casualty and receiving on the ship."

During Comfort's visit to Colombia, the department had more cases of what appeared to be TB than at any of Comfort's previous seven ports. McCarthy recalled five instances of abnormal chest X-rays conducted ashore.

"The ship is a closed space with

re-circulated air," Conley said.

"Allowing TB on the ship risks exposure to military folks and patients who just went through surgery – now with compromised immune systems."

On a chest X-ray, TB appears as darkened spots in the lungs.

"The longer a person has had TB, the more characteristic of TB the X-ray will appear," McCarthy said. "Sometimes it can look like pneumonia so you've got to take into account who it is – have they been coughing a long time or do they exhibit fever symptoms?"

According to the World Health Organization, an untreated person with TB can infect between 10 to 15 people every year.

"No one wants TB, and it's ex-

tremely contagious," said U.S. Navy Hospital Corpsman 1st Class Sharon Green, a radiologic technician on Comfort. "Back in the day, they called it consumption for a reason – it consumes you."

By taking the precaution of screening everyone who comes aboard Comfort, crew members are protected and enabled to continue to their humanitarian efforts in the countries that really need the medical care the crew is providing.

After Haiti, Comfort will continue conduct operations in three more countries while on its four-month humanitarian deployment to Latin America and the Caribbean providing medical care to patients in a dozen countries.



## NMCB-7 Corpsmen Breathe Life and Health into Afghan Villages

From Naval Mobile Construction Battalion 7 Public Affairs

**BAGRAM, Afghanistan** - After a special forces team secured a compound in a local village outside a forward operating base in Afghanistan, Aug. 15, a medical team prepared to move in.

The team included Navy Independent Duty Hospital Corpsman 1st Class (SW/AW) Jennifer Kraus, a nurse practitioner who also acts as a veterinarian, doctor, dentist and dental technician.

Almost as soon as the move-in was completed, patients began to arrive to receive much needed medical attention.

The patients were first searched

to ensure they were not carrying any weapons. Once cleared, the patients were moved to the triage area where they were assessed and treated.

For the local population, this was a rare opportunity to receive treatment and medication, as they were living in poor conditions, which included no running water or electricity.

The medical staff was also able to treat the children for common ailments due to malnutrition.

"Most of the villagers were not shy and were very curious about the visitors to their area," said Kraus. "The role of the female providers was instrumental in the com-

pletion of this mission, as the culture in the area forbids women from being seen by any man other than their husband. The female providers therefore were able to give much needed medical attention to the women of the village."

An interpreter was on hand and made triaging and treating patients much easier.

The local patients continued to show up for treatment until all medical supplies were expended. Throughout the course of the first day, 869 patients received medical treatment for their ailments. The most common of ailments treated

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## Nurses tribute continued...

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their tireless service to those who have sacrificed so much in defense of our freedom. Thank you," Pierce concluded.

Pierce was one of three guest speakers at the commemoration. Major General Deborah C. Wheeling, Deputy Surgeon General for the Army National Guard; and Brigadier General Jannette Young, Air National Guard Assistant to the Air Force Assistant Surgeon General, Medical Force Development and Nursing Services, also spoke

at the event. Each speaker provided testimonies of fallen nurses who dedicated their lives in medical service to our service members.

The profession of Navy nursing is essential to the military mission. The Navy Nurse Corps's top priority is to provide the best quality health care for our Sailors and Marines and our beneficiaries. Navy nursing is the profession of choice and filled with unlimited opportunities. The Navy Nurse Corps has a proud and rich history of service excellence – 99 years and counting.



### **MAJURO, Republic of the Marshall Islands**

- Lt. Cmdr. Paul Lim, from amphibious assault ship USS Peleliu (LHA 5), prepares to remove a cavity during a dental civic action program in support of the Pacific Partnership mission Aug. 29. *U.S. Navy photo by Mass Communication Specialist 2nd Class Kerryl Cacho*

## Navy Hospital Jacksonville Dietetic Technician Honored

By Marsha Childs, Naval Hospital Jacksonville Marketing

**JACKSONVILLE, Fla.** - Naval Hospital Jacksonville Dietetic Technician Rose Gilchrist Cozier was named as the Florida Dietetic Association Diet Technician (Registered) for 2007 on July 10 at an award ceremony held at the Marco Island Marriott Resort.

Nominated by the Jacksonville Dietetic Association for this year's state recognition, Cozier was selected in 2005 and 2006 as the Jacksonville Diet Technician of the Year. The American Dietetic Association, a national organization with 65,000 members, endorsed her selection at the state level.

Cozier is the lead Diet Technician at the Naval Hospital. She started her career in the Nutrition Department in 1989. "This is something I have wanted to do since high school," she said. "I actually entered the field late. I supported my husband's career and when he retired from the military, that's when I entered the field."

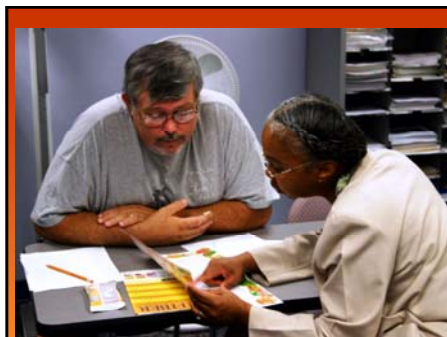
As the lead Diet Technician, Cozier oversees the preparation of patient trays and ensures the doctor's diet order complies with the American Dietetic Association Diet Manual requirements. She also trains the Culinary Specialists—

military personnel who work in food service: cooking the food, preparing the meal trays, and delivering them to the patients. "I train them on how to function in a hospital setting since they are familiar with galley cooking. They have to be trained in the specialized care needed for our patients here in the hospital as opposed to them working on a ship," she explained.

Cozier enjoys working with the military staff because of their enthusiasm and discipline. "I love working with the young people who just come in because they are so energetic and so willing to learn and to do things," she reported.

One duty Cozier finds especially rewarding is counseling patients. She claims, "That is the best part of the whole day. It gives me great reward knowing that I am helping them." She works mostly in classroom settings with small groups. She tries to individualize the lessons to fit each patient's lifestyle and needs. For her expecting mothers, she assists them with good meal planning to maintain an appropriate weight gain during pregnancy. Excessive weight gain is a contributing factor for complications.

Never resting on her laurels, Cozier recently assisted with the



**NAVAL HOSPITAL JACKSONVILLE, Fla.** - Rose Cozier, the hospital's lead Dietetic Technician, educates John Gernhard on eating for a healthy heart. U.S. Navy photo by Marsha Childs

implementation of a new heat-on-demand tray: a hot pallet for keeping food warm up to two hours. "Sometimes patients may be detained from eating their meals." She observed, "New mothers who are breastfeeding may not want to eat right away, so we keep their food a little warmer a little longer. We give the patient a better quality meal."

Of the award Cozier reflected, "I was surprised and I guess the word would be humbled because these are people within my own field. The fact that I'm recognized for the work I so very much enjoy doing, I'm just very pleased with that."

## NMCB7 continued...

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included fever, chills, headaches and other minor problems.



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The second day outside the wire provided the medical staff an opportunity to bring medical care to a village with a few more amenities than the previous site.

"This village had a well with potable water within walking distance of the home, a luxury for many villages," said Kraus. "The special forces Soldiers were again on hand to set up a secure location to provide treatment and to search prospective patients."

The second day saw many more patients, totaling 2,084, including men, women and children. Many displayed the same medical issues

as the previous day.

"The locals were so grateful for the help that they brought lunch to the medical staff as a gesture of thanks," described Kraus.

At the end of the day, the medical staff began their convoy back to the forward operating base.

"Along the way, children were running alongside the convoy thanking the staff for all they had done," said Kraus. "For the medical staff, this provided a feeling of fulfillment and pride knowing that we had done well and made a difference in someone's life."